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FOUR GOOEY CHEESES
BAKED INTO PASTA
PERFECT PENNE
{page 27}



ROLE RISKS
DENZEL WASHINGTON
HAS MADE SOME BOLD
CAREER CHOICES {page 22}



CALGARY

metro®

Wednesday, February 8, 2012
www.metronews.ca



News worth sharing.

Party. Rock



► Redfoo of LMFAO performs at the Saddledome Tuesday night.

CANDICE WARD/FOR METRO

Raising the Saddledome roof

At least one half of LMFAO party-rocked the Saddledome last night. SkyBlue, the other half of LMFAO, was absent from the show due to a back injury.

Two mounties shot, wounded

► Their identity is not being released ► One of the officers has five years of service while the other has been on the job for two years

A ghastly shudder of familiarity rippled through Alberta's police fraternity Tuesday with news that two RCMP officers had been shot and wounded at a rural residence.

The officers were airlifted to two different Edmonton hospitals and were undergoing surgery for "significant" injuries. Chief Supt. Rick Taylor told a news conference in Killam, a small town 160 kilometres southeast of Edmonton, that their precise medical conditions weren't known but they had been hit in the torso.

For many in the province, Tuesday's shooting evoked painful memories of the awful day in March 2005 when a self-professed cop hater named James Roszko cut down four officers near Mayberthorpe while they were staking out his marijuana grow-op. Roszko then killed himself.

"It's pretty sombre in there," Taylor said of the Killam detachment. "A lot of the people that are in there tonight supporting one



► A RCMP officer is transported Tuesday in an ambulance at the Killam Hospital.

another are colleagues and friends of these officers. We're all waiting very patiently and waiting for good word to come back from Edmonton."

There was promising news — as the officers were being flown by air ambulance to Edmonton's Royal Alexandra and University hospitals, they were conscious and able to talk. THE CANADIAN PRESS

Premier briefed

► Conference. Premier Alison Redford was briefed on the case before an afternoon news conference.

► 'Prayers'. "Our hopes and prayers are with their families," Redford said.



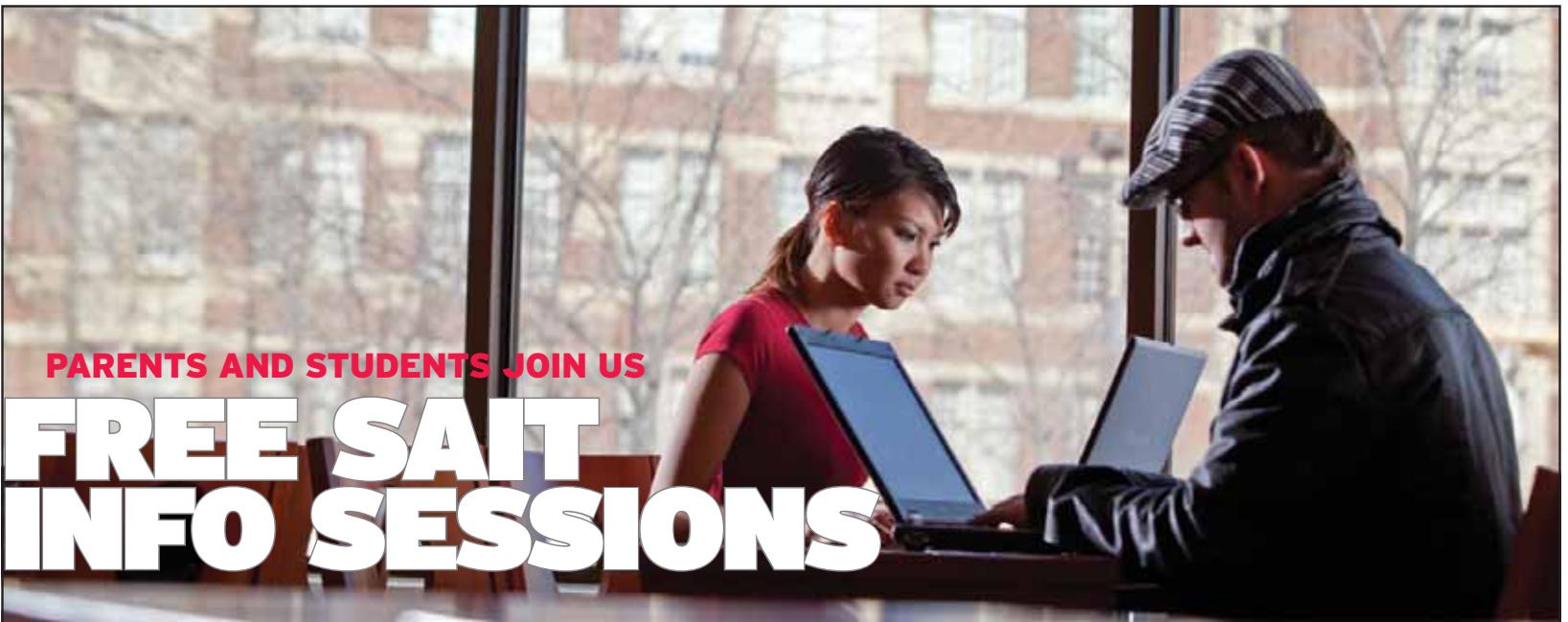
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Join us on Wednesday, February 8 at 7:00 pm in Room BA301, Clayton Carroll Automotive Centre. Call 403.284.8471 or Email: transportation.info@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, February 8 at 6:30 pm at the CTV Calgary Studios for this free info session as well as a tour of the facilities*.

Call 403.284.8081 or Email: bxst.info@sait.ca to confirm your attendance or for more information.



*Note: Only those who register for this free info session will be allowed to attend.

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- Geomatics Engineering Technology [Surveying & Mapping]
- Civil Engineering Technology
- Bachelor of Applied Technology Geographic Information Systems
- Process Piping Drafting certificate - 33-week Fast-Track

Join us Wednesday, February 15 at 7:00 pm in Room NN105 in the rotunda of the Senator Burns Building.

Call 403.284.8367 or Email: construction.info@sait.ca for more information or to confirm your attendance.

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Considering a career in the skilled trades? Students and parents are invited to attend our FREE information session on the School of Construction's Electrical, Mechanical, and Building Trades programs, including apprenticeship, technician and pre-employment.

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Call 403.284.8367 or Email: construction.info@sait.ca for more information or to confirm your attendance.

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Join us Wednesday, February 15 at 7:00 pm in

Room NN105 in the rotunda of the Senator Burns Building.

Call 403.284.8367 or Email: construction.info@sait.ca for more information or to confirm your attendance.

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Crime Stoppers seeking more tips

Calgary Crime Stoppers has already fielded more than 90 tips related to illegal drug activity this year and they want more.

With fears that the body count linked to a toxic ecstasy compound will rise, officials with the anonymous-crime-tip group are reminding the public to do their part in helping crack down on trafficking.

To share a tip with Crime Stoppers, phone or text 1-888-2477. You can also provide information online at calgarycrimestoppers.org.

• METRO

Council backs anti-drug strategy

Citing a rash of ecstasy-related deaths in Calgary and its surrounding area recently, city council voted to back an addiction-education project Tuesday.

The \$150,000 initiative will focus on getting the anti-drug message out at bars and other locations.

Support for the project was not unanimous, passing by a 9-5 margin.

Some aldermen reportedly questioned whether fighting drug use should fall on the shoulders of the municipality and urged further consultation with Alberta Health Services and other groups.

• METRO

City finds solution for rec-centre funding

► Federal government turned down \$100 million in funding to the city in November ► Centres to be built in northwest, southeast over next five years

METRO FILE



KATIE
TURNER
@METRONEWS.CA

Four recreation centres in two quadrants of the city will be built in the coming years after city administration came up with a plan to cover costs when federal funding fell through.

The approximately \$400-million project fell \$100 million short when funding from PPP Canada was denied late last year.

Recreation department staff say they've found a solution to the funding gap, which would utilize around \$50 million from a recreation levy collected from developers in new communities.

A portion of the GST rebate the city receives annually as well as funds from the community investment fund will be used to help pay off the debt incurred.

"Back in November I was very, very confident when the federal government pulled the funding, that we would find a way to move forward," said Mayor Naheed Nenshi.

Ward 12 alderman Shane Keating said these facilities are desperately needed.

"We've got to make sure that the infrastructure is here and is here today, not when my



► Calgarians will soon have more recreation facilities after city administration developed a funding strategy to overcome previous shortfalls.

grandchildren, who live in both the northwest and the southeast, have already left home," he said.

Parent and rec-centre proponent Stephanie Campbell of the South East Calgary Recreation Society said she's glad her two children will soon have a facility close by.

"We have been sitting here with fingers and toes

Approved!

- Council approved the funding for the recreation centres unanimously.
- In June, council will

and everything else crossed," she said. "We are doing the happy dance now."

- receive a report outlining the timing and scope of the facilities.
- The rec centres will be built in Quarry Park, Seton, Rocky Ridge and Great Plains.



For more local news, visit metronews.ca/calgary

1
news



As the prime minister arrives in China, reports tell a tale of skyrocketing environmental accidents in the country. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A cat invades the field during a Premier League match on Monday and has 30,000 Twitter followers by Tuesday. Watch at metronews.ca/video

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Throne speech promises smart spending

► Local health authorities to get greater say in care decisions ► Work touted on national energy program

Premier Alison Redford's government has opened its pre-election spring sitting of the legislature with a throne speech promising smarter spending.

"It's time for foundational change," Lt.-Gov. Don Ethell read Tuesday from the speech, which promised smarter spending through zero-based budgets and predictable funding.

"It won't be easy, but it is the right way to better manage the annual unpredictability in the budgeting process. Alberta's current fiscal framework relies too heavily on volatile energy revenue as a source of income."

Ethell reiterated that the government will phase in zero-based budgeting over the next three years to keep program spending

Taxing matter

- Wildrose Party Leader Danielle Smith, who is campaigning on a platform of balanced budgets and fiscal accountability, said Premier Redford's promise of a tax review is a sign a tax increase is looming. "After months of speculation about how the PCs are going to raise our taxes, we now have a pretty clear road map," Smith said.
- The Alberta government has rung up four consecutive multibillion-dollar deficits. A fifth is expected when Finance Minister Ron Liepert delivers the budget on Thursday.

on track. Deputy Premier Doug Horner said last

week that legislation to that effect will be introduced as Bill 1 during the sitting.

Such budgeting means politicians and their officials don't simply add or subtract from existing line items. Rather, the entire budget from the year before is scrapped and rebuilt to make sure all spending matches stated goals.

Fiscal conservatives such as the Wildrose party and the Alberta Liberals believe zero-based budgeting is the way to go. But they say the Progressive Conservatives, with their string of deficit budgets, are not the ones to do it.

The NDP, meanwhile, says zero-based budgeting will be a stalking horse to slash programs and privatize jobs.

THE CANADIAN PRESS



JASON FRANSON/THE CANADIAN PRESS

Museum staff issues plea for return of missing artifacts

Police have wrapped up an investigation into a theft spree at Calgary's Military Museums, but hundreds of medals, badges and even bayonets remain unaccounted for.

Metro reported last year that hundreds of items had been stolen from a storage area at the Calgary venue.

On Tuesday, it was revealed that longtime vol-

unteer George Lonsdale, 81, was charged and subsequently pleaded guilty to possession of stolen property over \$5,000 after selling some of the items to a local dealer.

Investigators were unable to link Lonsdale to the actual thefts and 533 items remain missing.

"They are intrinsic in value," said Tom Doucette,

executive director of the museums. "None of them are rare. I would suggest the value ranges from a couple of dollars to \$2,500."

Members of the public who may have information about any of the items are encouraged to contact the Military Museums at 403-974-2853 or Crime Stoppers. ■ JEREMY NOLAIS



JEREMY NOLAIS/METRO

Precious medals

- Sixty-three stolen medals have been recovered, most of them from a local dealer unaware of the theft. Two were returned by a Good Samaritan also unaware that they had been stolen.
- A full list of the items is posted online at themilitarymuseums.ca.

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Police hunt for suspects in fall LRT muggings

Calgary police are asking the public to help them find suspects involved in two robberies last year.

Both incidents took place near the Anderson LRT tracks in the early morning of Oct. 29. On both occasions, a thief accosted passersby and demanded their personal belongings. The people were then punched and kicked.

One suspect was wearing a Toronto Blue Jays cap and blue jeans. The other was dressed in dark clothing with a black hoodie. He was also described as having spaces between his teeth.

Images of the suspects can be viewed online at Calgary.ca. Anyone with information is asked to call 403-266-1234.

■ METRO

Examine cells yearly, judge says

An Alberta judge has called for annual evaluations of all provincial jail cells after an inmate's suicide in 2007. Sylvie Claudette Latimer, 36, was found dead in an Airdrie RCMP cell after using her sweater to hang herself from the bars of the cell door. Judge A.J. Brown's recommendation came in the wake of a fatality inquiry into the suicide. ■ METRO

News in brief

New ice surfaces open

SOUTHWEST. Skates were strapped on Tuesday as hockey players took to new sheets of ice for the first time in the city's southwest.

The South Fish Creek Recreation Association opened two new surfaces. A Shaw Meadows hockey player took an initial skate around Arena 3, and a Midnapore hockey player stepped on to Arena 4.

The public was invited to join the skaters for a public skate between 7:30 to 9 p.m. **METRO**

Calgary ranked among most romantic cities

8TH PLACE. Love is in the

air in Calgary, according to a new ranking that places Cowtown among the 20 most romantic cities in Canada.

Calgary fell five spots from last year to rank No. 8, according to Amazon.ca.

At the front of the pack was Kingston, Ont., followed by Guelph, Ont. in second, and Kelowna, B.C. The list was based on sales of romantic novels, romantic-comedy DVDs and Michael Bublé CDs.

METRO

Wedding planner faces fraud charges

An Edmonton-area wedding planner is accused of defrauding dozens of people.

Mounties say dozens of clients paid a deposit for wedding-day items, but when their big day arrived, none of the items did. **METRO**

Steady eye improves shot: Study

► U of C researcher's method has improved athlete performance ► Police officers reactions' analyzed



JEREMY NOLAIS
@METRONEWS.CA

In the line of duty, life-or-death decisions are made in less than a heartbeat, but it may be a police officer's eye movement — not their trigger finger — that plays the biggest role.

Using her well-tested Quiet Eye method, University of Calgary researcher Joan Vickers recently analyzed the reactions of both elite and rookie police officers, with the Calgary Police Service participating in an exercise involving a simulated assailant.

What she found was that less-experienced officers tended to take a fleeting glance at the sight of their gun before opting to fire their weapon — a move consistent with traditional training. Elite officers, in



► A University of Calgary researcher is going behind the scenes to help Calgary police officers like these improve their skill with a weapon.

stead, remained focused solely on the assailant and not only fired quicker but also more accurately.

"Even though the movements may be fast, the focus of attention isn't," Vickers said with respect to elite performers. "It's early, it's long, it's quiet — it's a mind completely in control of the situation."

Quiet Eye

► During Quiet Eye analysis of Calgary police officers, elite members were accurate when shooting a simulated assailant 75 per cent of the time compared to 54 per cent accuracy among rookie officers.

► The next step for studying the Quiet Eye involvement with regards to police would be to analyze the difference between a group taught using traditional methods and those taught not to glance back at their weapon prior to firing.

Police Insp. Darren Leggett said some of Vickers' methods have already been incorporated into firearms training and anything that can shave precious milliseconds off an exchange with an armed offender is valuable.



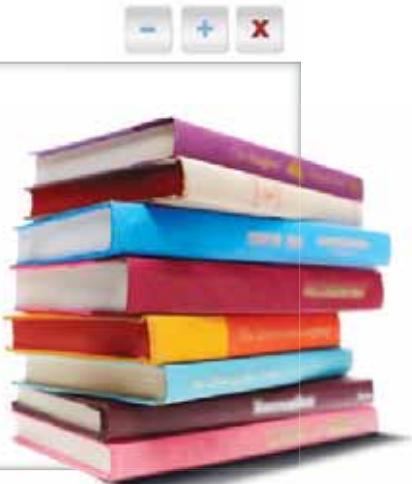
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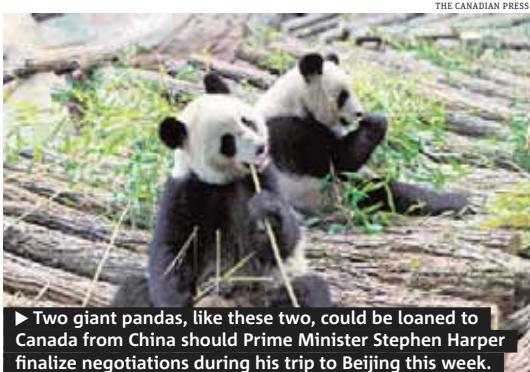
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Zoo awaiting panda announcement



► Two giant pandas, like these two, could be loaned to Canada from China should Prime Minister Stephen Harper finalize negotiations during his trip to Beijing this week.

► Stephen Harper arrived in Beijing Tuesday for four-day visit ► Panda negotiations between Canada and China have been ongoing for years

 **KATIE TURNER**
@METRONEWS.CA

Canada's prime minister is reportedly on the cusp of securing a deal that would see pandas en route from China but local officials aren't getting their hopes up.

It was reported in late 2010 that two giant pandas

would be loaned to Canada for at least 15 years, making their way to three zoos, including Calgary's.

Laurie Skene, spokesperson for the zoo, said they are waiting for an official announcement.

"I know that it's been something that people have certainly been working on but it's taken time so we won't get excited until they

finalize it," she said. "There's been a few trips in the meantime by people in Ottawa and nothing has happened so I think we'll wait and see."

Skene said they haven't begun plans to renovate or possibly build a new facility and will wait for the green light before engaging in discussions with Chinese officials on the requirements

to facilitate the pandas.

Tourism Calgary CEO and president Randy Williams said that they, too, are monitoring the situation with hopes of a positive outcome.

"If it happened in 2012, then the zoo would have two new attractions with the penguins and the pandas," he said. "We're keeping an eye on it."

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A win and a delay for gay couples

- Court says ban unconstitutional
- But more U.S. challenges ahead

A U.S. federal appeals court Tuesday declared California's same-sex marriage ban unconstitutional.

The move puts the bitterly contested law on track to reach the U.S. Supreme Court.

A three-judge panel of the 9th U.S. Circuit Court of Appeals ruled 2-1 that a lower court judge correctly interpreted the U.S. Constitution and Supreme Court precedents when he declared in 2010 that Proposition 8 — a response to an earlier state court decision that legalized gay marriage

— was a violation of the civil rights of gays and lesbians.

But the appeals court said gay marriages cannot resume in the state.

They must wait until the deadline passes for Proposition 8 sponsors to appeal to a larger panel of the 9th Circuit.

"Proposition 8 serves no purpose ... other than to lessen the status and human dignity of gays and lesbians in California," said Judge Stephen Reinhardt.

THE ASSOCIATED PRESS

They support it ...



... they're against it



BONDAGE CLAIM

Sex probe ousts staff at school

The entire staff at a Los Angeles elementary school is being removed while authorities investigate allegations of sexual abuse by two of the school's teachers.

One of the teachers is accused of blindfolding children, taping their mouths and photograph-

ing them in a classroom.

Los Angeles Unified School District Superintendent John Deasy said more than 120 staff members at Miramonte Elementary School — everyone from the principal and teachers to the cafeteria workers — were being replaced.

A full investigation of the allegations will be disruptive and staffers will require support to get through the scandal, Deasy told parents who packed a high school gymnasium.

Just pop a coin for 'morning after' pill

Students at a U.S. university can obtain the "morning-after" emergency contraceptive pill from a vending machine.

The machine at the Shippensburg University health centre in Pennsyl-

vania provides the Plan B emergency contraceptive along with condoms and pregnancy tests.

"I think it's great that the school is giving us this option," junior Chelsea Wehking said Tuesday.

THE ASSOCIATED PRESS



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Drilling at ancient lake catches a chill

► Probe may have reached sub-glacial lake sealed off from atmosphere for millions of years ► Scientists speculate Lake Vostok holds secrets about prehistoric micro-organisms ► Frigid Antarctic location restricts access

The coldest place on earth may have stopped scientists tantalizingly short of tapping into a 15-million-year-old mystery of a buried Antarctic lake.

Racing against time and plunging temperatures, Russian scientists have been drilling nearly four kilometres beneath the bleak Central Antarctic surface to reach Lake Vostok, about the size as Lake Ontario.

The Russian news agency RIA Novosti quoted sources on Monday as saying they have finally touched the liquid lake surface, 20 years after the

"If they were successful, their efforts will transform the way we do science in Antarctica and provide us with an entirely new view of what exists under the vast Antarctic ice sheet."

ANTARCTIC SPECIALIST JOHN PRISCU OF MONTANA STATE UNIVERSITY

controversial project started in earnest.

The head of the Russian mission pulled back on Tuesday, however, telling Nature magazine the data are still being analyzed to confirm the hit.

Timing is vital: The last flight out of the area left Monday as Antarctica's short summer vanished and temperatures started

falling. By February, the Russian Arctic and Antarctic Research Institute reported, temperatures on the ice above Lake Vostok hover around -42 C. In March, they fall to -61 C.

The coldest temperature on Earth, -89 C, was recorded there in 1983.

"Only when I have this (data) can I say we penetrated (the lake)," Valery

Lukin, director of the Russian Antarctic program, told Nature. "We want to be sure we have really reached the surface of Lake Vostok."

Sensors probing nearly 3,700 metres below the surface report back information on the exact depth of ice drilled and the level of fluids in the borehole. Water extracted from the lake would be taken for analysis.

"As soon as we get it officially confirmed, this information will be disseminated among the international community," said Lukin. TORSTAR NEWS SERVICE

► Prince Albert II of Monaco, third from left, poses with scientists at the Vostok research station near the South Pole in this file photo from 2009.



METRO CUSTOM PUBLISHING

SKILLS FOR SUCCESS

El Salvador is a tiny country – less than half the size of Nova Scotia, with a population about the size of the GTA – but it is one of the most dangerous countries in the Western hemisphere. There were 3,985 violent deaths in El Salvador in 2010, most related to gang activity; that is a higher per-capita number than in Afghanistan.

That's why communities place a high priority on giving their young people tools to build a future. "Our preschool centres are critically important," says Laura Mata, chief of communications for World Vision El Salvador, which works with community groups to create programs to ad-

dress their most pressing needs. "By giving small children a good educational foundation, they're ready for Grade 1. They're then more likely to be successful and less likely to flunk out or quit later."

World Vision's Children's Clubs and Youth Clubs not only provide young people with a safe place to socialize, but also give them life skills and vocational training. (In one club, Kevin, 15 was learning to bake bread and fancy pastries; in another, a band of musicians practiced while another group took learned to paint.)

Carlos, who is now 17, remembers the first time he went to a World Vi-

sion Communications Club in Tacuba, a small mountain town near the Guatemalan border where local gangs are particularly powerful. "I was 13. Some of my friends had been to the club and done a radio show, and they needed more people. I went. I was very nervous. But it was such a nice experience my [nervousness] vanished."

Before that, Carlos had been playing hookey from school since age 10, had failed 4th grade and fallen in with a sketchy group. At the club, "I got really involved. I realized I had to stop doing the things I'd been doing. I started studying again." Today he

DAVID TSIGOUROS



World Vision's Youth Clubs give children a place to have fun and learn, nurturing talents that give them hope for a productive, fulfilling future.

leads other teens in the group and works half-days at a local professional radio station while attending high school.

Of course World Vision Canada sponsorships support efforts like nutrition and health care programs in El Salvador. But Laura believes that is just as important to "improve knowl-

edge. You can't change lives by just giving tangible things," she says. "Change comes by giving life skills and vocational skills so that [young people] can be someone in the future."

At the Tacuba Communications Club, says Carlos, "getting into the radio shows is what changed my life."



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Trip to tighten bond with China

While in Beijing, PM to discuss developing a long-term strategy

Centuries ago, emperors flocked to the Temple of Heaven in Beijing to pray for a good harvest.

And that's where Prime Minister Stephen Harper will make one of his first stops on a trip through China, continuing a course he set two years ago to harvest more of the country's wealth.

The trip comes amid a renewed focus on Canada's ability to satiate China's growing thirst for oil — a thirst that's reflected itself in billions of dollars worth of Chinese investment in Canada's oilfields since 2009.

One route is the Northern Gateway pipeline,

which could deliver oil from Alberta to ports in B.C. and then onwards to China. But hearings into the pipeline have just begun.

So, though oil and gas executives form part of the 40-strong business contingent along for Harper's trip, it is other sectors ready now for greater Chinese involvement that will be daily focus of Harper's tour.

This is Harper's second visit to China since 2009. The two countries have grown closer thanks to a series of high-level meetings.

Harper is hoping to push forward the relationship with a series of events highlighting people as much as product, as well as signing



Prime Minister Stephen Harper and his wife, Laureen, arrive in Beijing on Tuesday. Harper is on a visit to China.

new deals.

Among the deals in the works is the foreign-investment protection agreement, which has been under negotiation with China for almost 20 years.

Business groups would like to see an agreement finally reached, as it would

give both sides more confidence to expand trade.

The delegation on the trip includes five cabinet ministers, six Tory MPs and 40 business and community leaders, including high-level executives from the energy and agriculture sectors.

THE CANADIAN PRESS

Walmart expansion to boost jobs in Canada



Walmart Canada plans to spend more than \$750 million this year to open, relocate or remodel 73 retail stores, including former Zellers locations.

The world's biggest retailer said Tuesday the initiative will create more than 14,000 jobs — about 3,500 new store positions and 10,500 in the trades and construction sector.

The hiring spree would be a big help to Canada's job picture as the January unemployment rate rose to 7.6 per cent.

Walmart already employs about 85,000 Canadi-

ans and is the country's largest department-store retailer by sales. Included on the list of Walmart Canada stores are 39 Zellers locations the Canadian subsidiary bought last year.

Walmart said more than half of the 73 projects will become supercentres, which offer an array of groceries as well as general merchandise.

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Our research tells us that our customers enjoy the one-stop-shopping offer," said Walmart Canada spokeswoman Rosalyn Carneiro.

The expansion comes as competition in the Canadian retail market heats up with the entry of fellow discount retailer Target next

year. Target has purchased the leasehold interests of 189 sites currently operated by Zellers Inc. and it says about \$10 million to \$11 million will be invested to remodel each facility.

Walmart operates 333 stores in Canada, which includes 164 supercentres.

THE CANADIAN PRESS

News in brief

Canada's a seller's market, Senators hear

COMPETITION. There are many reasons why retailers charge consumers more in Canada than they do in the United States, but one is simply that they can, witnesses told a Senate committee Tuesday. Representatives of Canada's manufacturers and consumer-advocacy groups focused on the same point — the lack of competition in Canada's retail sector — as a possible key component for the continuing price gap. THE CANADIAN PRESS

Tweak system for jobs: Report

IMMIGRATION. The federal government could put the equivalent of 370,000 more people to work if it tweaked the immigration system to focus on the long-term needs of the job market, says a new report by Toronto-Dominion Bank. Immigrants who arrived in Canada in the 1970s used to be able to catch up to the salaries of their Canadian counterparts within a generation. But the disparity has grown steadily and now the average immigrant doesn't have much hope of seeing the gap close until the second generation.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
- 47.43 (12,512.42)	+ 0.07¢ (100.52¢ US)	+ 1.50¢ US (\$98.41 US)	\$2.47 US (- 8¢ US)
			Gold \$1,748.40 US (+ \$23.50 US)

Halliburton to ditch BlackBerry for iPhone

In another blow to troubled Canadian smartphone maker Research in Motion, energy drilling giant Halliburton Co. says it will replace its company-issued BlackBerrys with competitor Apple's iPhone.

Halliburton said Tuesday it is making the move after deciding that Apple's technology works better with the programs

it uses in the field.

A spokeswoman for the firm says the plan will phase out 4,500 BlackBerrys from its operations.

"We are making this transition in order to better support our mobile applications initiatives," said Tara Mullee Agard.

Halliburton has engaged with Apple on this transition, which is scheduled to take place over the next two years."

RIM has been struggling to keep a solid presence in the market against Apple's products and Android phones.

THE CANADIAN PRESS

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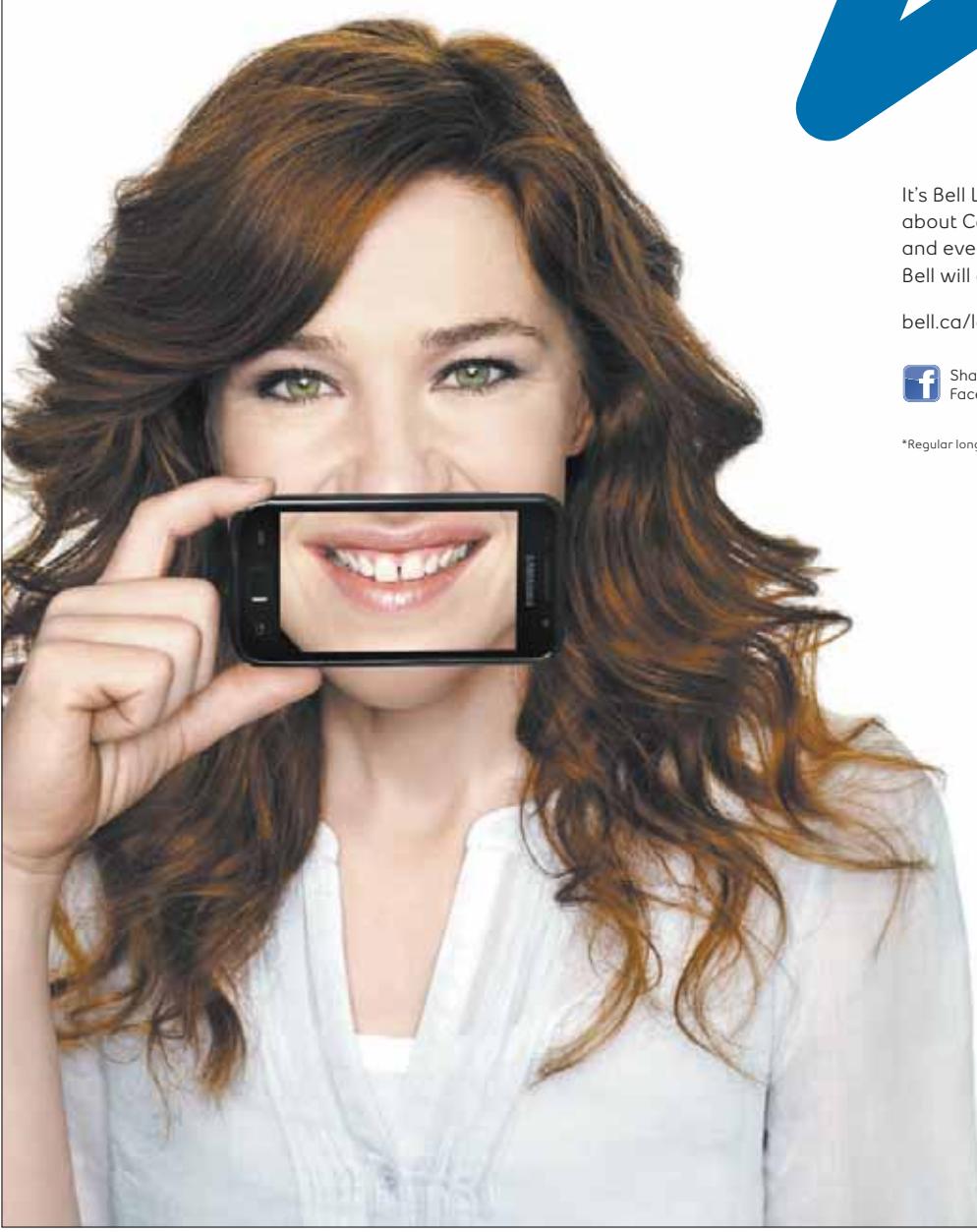
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WHEN BUZZ PHRASE TURNS TO BUZZ KILL

JUST SAYIN' ...

NEIL MORTON
METRO



This column is totally going viral! How can I say that? Well, I can't, really.

But the point is that the phrase "going viral" is becoming so overused by media, bloggers, marketers, media, bloggers, marketers,

PR types and consumers alike to describe something that is "taking off" (when it isn't always), that has definitely more than hit its tipping point — and could soon jump the shark.

"Going viral" has become one of the sexiest phrases out there, and essentially means becoming extremely popular in a very short amount of time.

Now everyone wants to be part of something that's going viral, whether they're creating it or sharing it. The Internet and social media, of course, have fuelled virality in ways pre-Internet couldn't do, and the term "going viral" has seeped into popular culture.

It's referred to everywhere — in movies, TV, music and even books.

"Going viral" has become so ubiquitous, so overused, that, often as not, it refers to things that aren't going viral."

Whether it's a YouTube video, a tweet, a Facebook photo, a meme, interactive flash game, app, software or a forwarded email, attaching the message "going viral" is an exciting way to get people to click on something and pass it on to others.

Certainly much of the shared stuff is awesome, but "going viral" has become so ubiquitous, so overused, that, often as

not, it refers to things that aren't going viral.

The term is used as kind of a desperate gimmick by marketers to generate exposure for products and by everyday people looking for fame for stuff that really isn't catching on in the least.

So ... I propose the time has come for all of us to start being far more discriminating about our use of "going viral." To have some criteria and rules for what "going viral" is (e.g., 100,000 YouTube views in a matter of days is "going viral"; 9,000 views is not).

If we don't, we're totally going to ruin the meaning of this phrase through its overuse. People will stop clicking on it — or be far more suspicious — of anything that says "going viral." It will come more to mean "going anti-viral." Or buzz kill.

Failing that, perhaps we just move past it altogether and begin to use new words and phrases to describe the phenomenon of something getting popular really fast. Phrases like "holy contagious!" or "completely insane!" or "crazy buzz!"

Those could just as easily start to generate new excitement for something taking off.

So, yes, as I was saying, this column is totally going viral, er, holy contagious!

Follow Neil Morton on Twitter (@neilmorton).



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Do you think Canada should abolish ties to the monarchy?



Local tweets



- **@Kim Aspinall:** Another gorgeous eve in #ycalgary
- **@brownbaggingit:** Why do we judge ourselves by our intentions and others by their behavior? #yyc
- **@ireneerutema:** The City of Calgary has money 4 recreation facilities #yyc
- **@lisa_cards:** Sitting in the #yyc airport #peoplewatching
- **@haightenator:** Gearing up for round 2 of @LMFAO in #yyc!!
- **@SugarscrapYYC:** gotta luv #yyc weather. Snow yesterday & sun today. Always an

GETTY IMAGES

Daily Zoom



Pain and prayer at Hindi fest

It looks like this unfortunate man has got tangled in some gigantic bicycle wheel.

But in reality this contraption is a centrepiece to Tuesday's Hindi festival of Thaipusam. Here, a devotee carries a "Kavadi" along a four-kilometre route from the Sri Srinivasa Perumal, one of Singapore's oldest temples. ● MWN

Thaipusam facts

- **For the faint-hearted, too.** Those not keen on self-impalement offer pots of milk to the gods.
- **Body be pure.** 48 days before the event, devotees abstain from meat, alcohol and sex.
- **Skin-pulling day.** Devotees pull carts by ropes hooked on their backs.

Physical bond to divine forces

Thaipusam, a Hindu festival celebrated in the Tamil month of Thai (in January or February, depending on the full moon), celebrates the deity Murugan. Devotees pierce body parts such as cheeks and tongues before carrying the "Kavadi."

These rituals stress the zealot's physical devotion to divine forces.

● MWN



GETTY IMAGES

An advertisement for the 2012 Chevrolet Cruze LS Air & Auto. The left side is a blue panel with the car's name and a list of features. The right side shows a red Chevrolet Cruze driving on a city street. Text on the right includes the purchase price, financing options, and fuel efficiency information.

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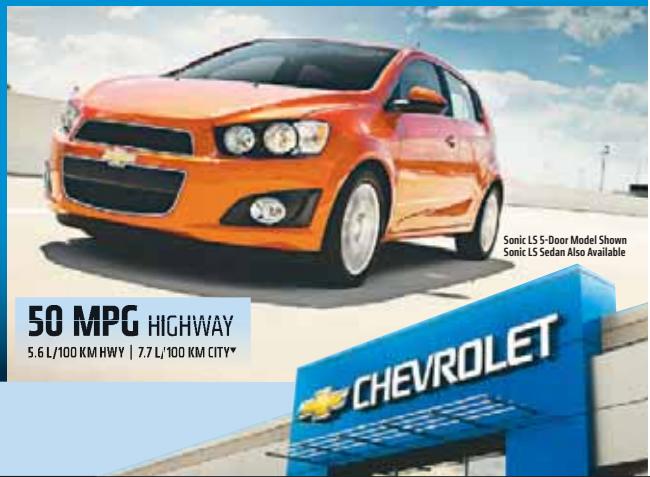
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Madonna's not finished with stadiums. Live Nation Entertainment announced Tuesday that the Material Girls first tour since 2009 will include a Sept. 6 show at Yankee Stadium. Her world tour will start May 29 in Tel Aviv, Israel. The North American portion of the tour will include Montreal, San Jose and Cleveland.

THE ASSOCIATED PRESS



Happy Endings: Six characters in search of hilarity, and finding it, on TV's funniest show

Who will rule this year's Junos?

City and Colour, Dan Mangan, Drake, Feist, Hedley and Nickelback led the Juno Award nominations Tuesday with four nods apiece, setting up a wide-open race at this year's gala in Ottawa.

No one artist managed to rise above the pack as nominations were announced at a glitzy, crammed gathering in Toronto. After the first group of nominees, Avril Lavigne, Michael Bublé and Deadmau5 followed with three nods each.

Teen sensation Justin Bieber also earned a pair of nominations — including one for album of the year — while other multiple nominees included Blue Rodeo co-frontman Jim Cuddy, Hamilton rockers Arkells and Montreal-based indie-rockers

Braids.

With so many multiple nominees, many artists will be duking it out with one another over and over again in several categories.

"I could kick Bieber's ass but not Drake — he's a bit hardcore," laughed Niagara Falls, Ont., electronic producer Deadmau5 (nee Joel Zimmerman), who's up for the Juno fan choice award and artist of the year — a nomination he called a "shocker."

He's probably less surprised about being up for best dance recording, a category he's won four years in a row.

"It's not really weird when you're only one of like five Canadians making dance music these days," he said of the unique scenario. "(But)

I'm sure a lot more are, and that just kind of paves the way for a lot more to be recognized."

Cuddy, meanwhile, has two nominations for his third solo record, Skyscraper Soul, on the same night that Blue Rodeo will be inducted into the Canadian Music Hall of Fame.

"It's huge," Cuddy said. "Obviously we love the status we have as a band that's been around for a long time, but you do want your newest work to be acknowledged. So I'm very, very pleased."

Of the marquee names nominated, Mangan might have come as a surprise to some fans. Among his four nods, the 28-year-old Vancouver native is up for new artist of the year and songwriter of the year, a category in which

Shatner's show

Star Trek icon William Shatner has been named host of the April 1 gala, to be broadcast on CTV.

► Picking Shatner to oversee the awards is a generational shift from last year, when the show was hosted by Toronto rapper Drake, who received strong reviews for showcasing his comedic side during his turn as MC.



Deadmau5, Feist, Bublé and, yes, Drake again.

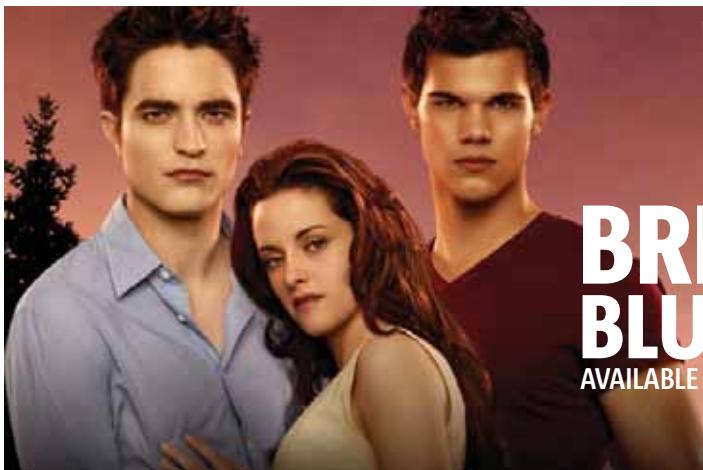
More performers were also added to the lineup on Tuesday — including group of the year nominees Nickelback and Hedley — joining Feist, City and Colour, Deadmau5 and Blue Rodeo.

THE CANADIAN PRESS

► Tickets for the Juno Awards go on sale Friday
► Nickelback, Drake, Feist, Hedley among Juno nomination leaders



► Deadmau5, a.k.a. Joel Zimmerman, appears on stage during the Juno Award nominations announcement Tuesday in Toronto.



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A wandering path

► Washington has made some bold career choices

IN FOCUS

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Denzel Washington is a famous guy. Since his 1974 film debut — he played the uncredited part of Alleyway mugger in *Death Wish* — he's won two Academy Awards and a Tony, directed two films and been voted one of the most handsome people in the world.

This weekend, he teams with Ryan Reynolds in what will certainly be the handsomest film of the month, *Safe House*. The story of a young CIA agent guarding a fugitive turns ugly when their safe house is attacked, is bound to break the box office, but not all of Denzel's movies have been huge hits.

Though he's had great success with films like *Training Day*, let's have a look at some of his overlooked films.

The 1991 crime-thriller *Ricochet* starred Washington as a Los Angeles cop-turned-attorney going head-to-head with a bitter escaped criminal (John Lithgow) he put behind bars. Solid action and a great villain from Lithgow's psycho period — before he did *3rd Rock from the Sun* and went soft — it never found the audience it deserved.

Years later in *Training Day*, Washington's character flashes a picture of himself as a young LAPD officer. The photo is a still from *Ricochet*.

Washington has played his share of attorneys and policemen over the years, but he has never been afraid to try new things, as he did in 1993's *Much Ado About Nothing*. In this all-star adaptation of Shakespeare's most famous romantic comedy, he plays the powerful Don Pedro of Aragon. The movie took hits for its mis-casting of Keanu Reeves and Michael Keaton in key roles, but Washington was



► Denzel Washington has never been afraid to take chances with the roles he chooses.

Washington has played his share of attorneys and policemen over the years, but he has never been afraid to try new things, as he did in 1993's *Much Ado About Nothing*.

praised for his work. He has performed Richard III and Julius Caesar on stage, but this movie remains his only filmed Shakespearean role.

From the light comedy of the 17th century we next look at the post-apo-

alyptic *The Book of Eli*, set just a few years from today. It's a strange movie. Denzel plays a coiled spring of righteous power in this timely movie about how religion can be used for both good and evil.

Finally, a movie that should have spawned an ongoing franchise but dried up after just one film was *Devil in a Blue Dress*. Rolling Stone called Washington's take on private investigator Ezekiel 'Easy' Rawlins a "richly detailed portrayal," adding that you leave the movie hoping the other books in the Rawlins series will be turned into films. Sadly, that didn't happen.



► Josh Hutcherson, left, Luis Guzman, Vanessa Hudgens and Dwayne Johnson are shown in a scene from *Journey 2: The Mysterious Island*.

The hunger for something more

- **Josh Hutcherson will face a daunting few months**
- **But with two major films, he longs for indie work**

 **NED EHRBAR**
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

While he spent most of his teenage years churning out major motion pictures, 19-year-old Josh Hutcherson is keenly aware that as far as fame goes, he hasn't seen anything yet. This year, he co-headlines *Journey 2: The Mysterious Island* with Dwayne Johnson — who's stepping in for *Journey to the Center of the Earth* co-star Brendan Fraser. And then Hutcherson has a little something called the *Hunger Games* hitting theaters next month. Hutcherson describes the coming months as "a little daunting."

Your character seems to have bad luck with father figures.
Yeah, a bit. He's having a hard time dealing with that, and I think that because his father wasn't around originally he has a tough time kind of coping with the new guy that's sort of come into his life. **How was having Dwayne**

"The fans are extremely loyal, and any time you see them lashing out ... it's coming from a place of passion."

JOSH HUTCHERSON

Johnson stepping in to replace Brendan Fraser?

I think with Dwayne, you see him be the big action guy and then also the charming Tooth Fairy kind of role, and then this one I think kind of combines those two worlds.

Is a third film in the franchise in your mind at all? Has there been talk or contracts for that yet?

For sure. They've had a lot of talks about it. They're kind of waiting obviously to see how this movie performs and whatnot.

Has there been a focus or effort by yourself or your team to find more franchise-type films?

No, not so much. I think if anything it's been a bit of the opposite — now that I

have the *Hunger Games* and *Journey* franchises, to move on to something that more of an indie kind of film.

With the Hunger Games coming up, this is a big year ahead for you as well. How are things changing for you?

At the moment, it hasn't changed that much. But as far as how I'm looking ahead, I'm a little bit nervous, just based on what the expectations are for the movie. It's going to be a little life-changing, possibly, but I'm on board. I'm excited about it.

The casting process for "the Hunger Games" was one of the most contested, heated online discussions I've ever seen. How was it to be on the actors' side of that?

The fans are extremely loyal, and any time you see them lashing out or whatever you want to call it, it's coming from a place of passion. I personally didn't look at anything like that. I never really went online. I'd only heard through hearsay what other people were talking about, really.

Speedflirt

**She flirts,
He flirts back**



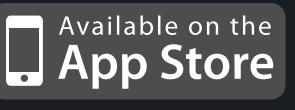
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Russell wants his brand on Deschanel

► Katy Perry look-alike and New Girl star caught the eye of Russell Brand

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

 In the wake of his split from Katy Perry, Russell Brand has reportedly set his sights on New Girl star Zooey Deschanel — and has been sending her “fun, flirty texts,” according to Hollyscoop.

Sources say that Brand “thinks she’s hysterically funny and cute, too. He loves her quirky sense of humour, and thinks they’d be great together both on-and-off screen.”

Coincidentally (or not!), Deschanel filed for divorce from husband Ben Gibbard just days before Brand filed for divorce from Perry.

This is weird, because

“He loves her quirky sense of humour, and thinks they’d be great together...”
SOURCE



the fact the two women look alike is well documented. In 2009, Deschanel actually complained to MTV News about constantly being

confused with Perry. “It’s a little bit annoying, to be totally blunt. The only similarity that we have is that we look a little bit alike,” she told the site.

“I have met her before. She seems like a nice person. I’m happy that she’s famous enough now that she’s not going out and being mistaken for me.”

Talking points

Pitt says Jolie still has a wild side to her

LOOK FOR HER NEW MOVIE ROLE AS A BAD GIRL While in recent years Angelina Jolie has seemed to tame the bad-girl ways that made her famous, Brad Pitt insists — rather coyly — that her at-home behaviour is still pretty fun.

“She’s still a bad girl,” Brad says in an interview with CBS This Morning. “Delightfully so. It’s not for public consumption.”

• METRO

Beyoncé baby body bouncing back into form

TIME TO MAKE THE ROUNDS Beyoncé showed off her post-baby body in her first public outing since giving birth a month ago, attending husband Jay-Z’s charity concert at Carnegie Hall, according to Us Weekly.

The new mom reportedly made the most of her night out at the concert’s after-party, as well.

“She made a much bigger effort

Celebrity tweets



 “I’m so sad that basically every celeb has died this week. Where would I get my news if it weren’t for Twitter Trending Topics?”
@frankiemuniz



“Thanks for all the birthday wishes, but it was last month!”
@Diane_Keaton



“Just luv the Apple store. Full of hipsters and not one who’ll help. Oh sorry I meant ‘geniuses’!”
@madlynn



“Uploaded photo of myself in Speedo to comply with Google’s new privacy policy.”
@SteveMartinToGo

 to say hello to nearly everyone, making rounds around the whole club before joining Jay-Z and guests in the VIP room,” a source says.
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Travel in brief



One of the 20th century's most famous performers who spent his childhood in Appleton, Wis., will be the subject of an exhibit at the Madison Museum of Contemporary Art. The show about magician and escape artist Harry Houdini will examine his life, legend and cultural influence. Houdini: Art and Magic starts Feb. 11 and runs through May 13.

THE ASSOCIATED PRESS

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- You love your friends because each one has a unique personality
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For the explorer:

Lace up your hiking boots and get around via alternative transportation

Situated on the mountain in the middle of Montreal island, Mt. Royal Park doesn't just provide exercise getting to the top — the scenic green space designed by Central Park mastermind Frederick Law Olmsted offers excellent views, too. In winter, explore the park via skis or snowshoes; in the warmer months, take to the bike paths. Gain ac-

cess to any of the 5,000-plus cruisers in the BIXI bike-share system for citywide sightseeing for just \$5.

For the fashionista:
Score a fabulous find from a local designer

Montreal is fiercely proud of its homegrown designers — and stepping into their boutiques, it's not hard to see why. For the conscientious snow bunny, Harricana (3000 rue Saint-Antoine Ouest, 514-287-6517) is a dream come true: Designer Mariouche Gagne upcycles outdated fur fashions into

Hotel deal

► Tourisme Montreal is offering 50 per cent off your second night at more than 25 participating hotels, as well as a discount booklet for major attractions. Visit tourisme-montreal.org for full package details.

classically cool new pieces, like a knitted fur vest.

For more secondhand finds, pop into the "fripories" in the trendy Plateau District. We like Folles Alliees (365 Av. du Mont-Royal E., 514-843-4904) for its finely curated, mint-condition vintage pieces and Retromania Boutique (820 Av. du Mont-

Royal E., 514-596-2618) for its well-organized, affordable finds that could have come from your hip sister's closet.

For the culturephile:
Eat your way through the city like a local

You could spend hours in Montreal's markets, sampling the local food and mingling with the peo-

ple who grow and purchase it. Little Italy's Jean-Talon Market (7070 Henri-Julien St., 514-937-7754) is a year-round emporium of all things fresh and a true feast for all your senses.

But save some room for the bagels. Montreal-style bagels are smaller, sweater and denser than the New York variety. They're always baked in a wood-fire oven — right in front of you at St-Viateur Bagel & Cafe (multiple locations, stviateurbagel.com) — which makes it worth a stop for breakfast or lunch.



Namaste, travellers! San Francisco airport opens yoga room for flying yogis

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EMMA E.
FORREST
TRAVEL@METRONEWS.CA

You wouldn't normally rate an eatery by how dirty the floor is, but in San Sebastian, Spain, the more discarded napkins and toothpicks that pile on the floor, the better. Here, the mountain of debris beneath your feet is a sign of a popular place to eat pintxos, the Basque region's answer to tapas.

The wealthy coastal city of San Sebastian has more Michelin stars per resident than any other

area in the world, but you don't need to be a millionaire to enjoy pintxos; these elegant bite-sized snacks cost just a couple of euros a plate, and are presented on the counter of bars throughout town.

Locals meet for a few pintxos washed down with a tumbler of txacoli, a local slightly-sparkling dry white wine, just before going home for dinner.

The custom is to ask the barman for a plate, load it up with pintxos that tickle your fancy, then pay up for whatever you eat and drink when you leave. These tasty treats often feature local ingredients including ham, prawn, mushrooms and peppers spiked with a toothpick. Gilda, a tiny skewer of olive, anchovy and pepper, is a classic.

A tasting tour

The alleyways of the city's picturesque old town is peppered with bars offering pintxos of every sort, but as you'd expect, the standard is not equal everywhere, so to help us navigate the bars, we hitched a ride with a handful of other gastronauts on a pintxos-tasting tour with gastronomic experience organizers San Sebastian Food.

Our cheery guide, Elin, not only took away the anxiety of uncovering and ordering the best pintxos at



the best bars, but she gave us real insight into a region and city where food is taken so seriously that men meet up to cook and eat at 'txoko,' private gents-only eating societies where — in other cities — they might congregate at a golf or squash club.

First stop was a bar owned by former boxer Paco Bueno, specializing in 'gambas en gabardine,' plump prawns deep-fried in their batter 'jackets.' A couple of alleyways away we

sunk our teeth into a simple pintxos of perfect, succulent sirloin steak, and a heap of flavoursome green Gernika peppers, washed down with a glass of well-rounded red.

And more...

Round the corner, we scoffed down fried patatas bravas and mussels with a rich spicy sauce. At the next bar, we perched at a table al fresco for rich foie gras and veal cheeks on cauliflower puree. The finale was a culinary experience at award-winning Zeruko, where we were served a dish of smoking cod with lettuce shot, and a dessert of an egg made of lemon cream with a passion fruit 'yolk' to be mopped up with a lemon sponge tower. To finish? A pretty 'Sechuan Button,' a flower that we were told would 'cleanse our palate,' that gave our mouths a searing gustatory trip, a suitably adventurous end to our culinary journey.

CONTRIBUTED

2

GREAT PINTXOS BARS

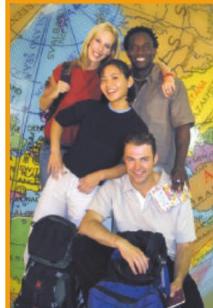
CHEAP AND CHEERFUL La Mejillonera

This boisterous and hugely popular bar is great for seafood. The fried calamares or squid and mussels with tasty 'tigre' sauce are a speciality and the patatas bravas, fried potatoes with a spicy mayonnaise sauce are the best in town.

Calle Puerto 15

EXPERIMENTAL Zeruko

This award-winning bar takes pintxos to another level, with imaginative, experimental and visually-arresting fare. The speciality is 'La Boguera' (the bonfire). Calle Pescaderia 10, barzeruko.com



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- 1 1/4 oz Frangelico
- 1 1/4 oz Carolans
- 3/4 oz cherry brandy

Shake all ingredients up with ice.

Pour into a chilled Martini glass.

Garnish with a fresh strawberry.

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Penne perfection

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DINNER EXPRESS

EMILY RICHARDS

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Gooey cheeses combine to create a warm and cosy feel to this Penne and Four Cheese favourite.

Baking the creamy pasta combination gives an extra bubbly sauce with a golden-brown topping that is irresistible.

Preparation:

1 Melt the butter in the saucepan over medium heat and cook the shall-

lot, garlic and thyme for 5 minutes or until they are softened. Stir in the flour and cook, stirring for 1 minute.

2 Whisk in the cream and cook, whisking occasionally for about 10 minutes or until it is thickened enough to coat the back of a spoon. Remove the pot from the heat and add the fontina, Gorgonzola, ricotta and Parmigiano into the cream mixture. Whisk it until it is smooth. Stir in basil and keep warm.

3 In a large pot of boiling salted water, cook the penne for 8 minutes. Add the spinach and cook for 2 minutes until

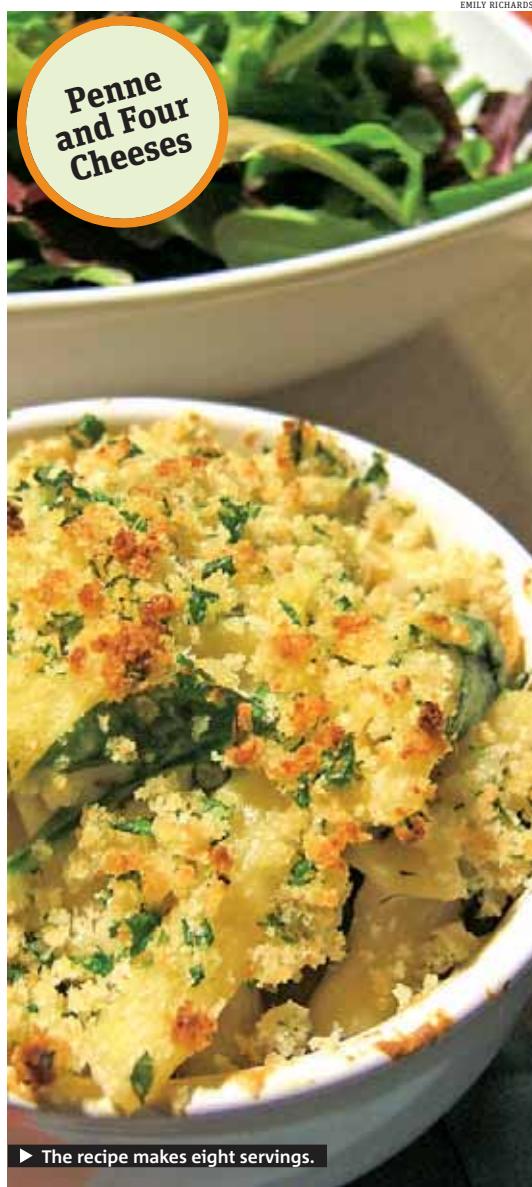
spinach is wilted and pasta is al dente. Drain everything well and return it to pot. Add cheese sauce and stir to combine well. Spoon pasta the mixture into 8 French onion soup bowls and place on large baking sheet.

4 Topping: Combine the breadcrumbs, parsley, Parmigiano and butter in bowl. Sprinkle over the pasta. Place in pre-heated 425 F (220 C) oven and bake for about 10 minutes or until bubbly and golden brown. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

spinach, chopped
• 1/4 cup (50 mL) chopped fresh basil or Italian parsley

Topping:

- 2 cups (500 mL) fresh bread crumbs
- 1/4 cup (50 mL) chopped fresh Italian parsley
- 1/4 cup (50 mL) freshly grated Parmigiano-Reggiano
- 1/4 cup (50 mL) butter, melted



► The recipe makes eight servings.

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Finding the key to co-op success

► Switching majors set this university student on a solid track to academic success ► She explains how

STUDENT VOICE

YOKO LU
TALENTEGG.CA

When I first started at Simon Fraser University, I was happy that my school had a co-op program and I had heard that many students had positive co-op experiences.

However, as time gradually passed and I finally enrolled successfully into the co-op program last March, I realized that I could not find any relevant jobs because of my major: geography.

As I searched through the list of co-op jobs, I figured out that many science co-op jobs were related to environmental science. I realized that I was following the wrong path.

I immediately talked to my advisor and switched my major from geography with an environmental specialty to physical geography, and then to environmental science.

A few months passed and I finally had two interviews last August. I did not expect to receive a placement, so I was shocked when I got a phone call from the co-op advisor, telling me I had



► Yoko Lu has changed her focus from geography to environmental science.

an offer.

I was lucky to get a job in my co-op program because I got accepted into the program very late.

My key suggestion to students is not to give up. I kept applying to the job offers even though the

job descriptions were not really in my area of study. I would recommend students keep applying even though you may feel uncomfortable with the job or its description.

If you are invited to interviews, you have to

keep in mind that the employers receive lots of applications and can only choose a few students to interview and only one will get an offer.

Do not be disappointed even when you do not get the job. You should evaluate

“Do not be disappointed even when you do not get the job. You should evaluate any mistakes you have made and correct them.”

YOKO LU

any mistakes you have made and correct them.

To help with this process, I believe that schools should have more courses on real world experiences, such as writing resumes and cover letters, and preparing for interviews.

Workshops are not enough. I think there should be regular courses where students can be taught more efficiently and perhaps students would be able to apply to

jobs after their resumes and cover letters are carefully checked by their peers. TALENTTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTTEGG.CA.

Lessons learned

Key take-aways from Yoko's experience:

- Browse job listings to see which skills, experiences and education are in demand.
- Changing your major early on isn't failing — it's OK to change your mind.
- Don't get discouraged! Competition is fierce in many fields and it might take some time to get a job.

Where Yoko is now

I am currently a co-op student as a research project assistant and I am volunteering at various positions during the weekends, and am still willing to take on new experiences.

UNDERSTANDING THE LAWS OF LESS

► Whether it seems fair or not, employees of today may be required to accept lesser jobs and lesser pay

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN



ment manager for a Thrifty Foods chain of grocery stores in B.C. was sailing along smoothly until he separated from his wife. Haddock then turned to alcohol as financial problems and stress from the failed marriage mounted. It clearly affected his performance.

Sometimes it's smarter to accept a demotion as an alternative to dismissal. Especially where there is a good reason for the demotion.

Brooke Haddock's career as a seafood depart-

for four days. When his performance still did not improve, he was warned that his job was in jeopardy and that, if his poor behaviour continued, he would either be fired or demoted.

However, Haddock's problems with lateness continued and, after his drunkenness made other employee's uncomfortable at a softball tournament, Thrifty had enough. Haddock was permanently demoted from manager to a cleri-

cal position, correspondingly with about 15 per cent less pay. Haddock did not report to work.

The legal doctrine of constructive dismissal provides that an employer cannot unilaterally change any important condition of an employee's job, such as job title or pay, without his or her agreement.

Since Haddock was demoted and his pay reduced, he opted to sue.

In deciding whether to

court determined that his 15 per cent pay cut was not, by itself, a material change to his job but when combined with his demotion, he had indeed been constructively dismissed.

However, it was only a pyrrhic victory. Haddock's damages were almost entirely offset because he failed to accept the clerk's position that Thrifty offered him.

The court's decision may be surprising but it makes sense. Even

though Haddock was constructively dismissed, he did not have a reasonable reason to refuse the lesser job. The irony here is that if he would have first tried the clerk's job and found it humiliating, there likely would be no offset.

The lesson for employees faced with a demotion is clear. They may have to accept the new job unless there is a very good reason to refuse.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN

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Hidden gems in the health field

► Pursuing a career in health? ► You may have more professional options available to you than you know



As with most areas of study, health care has its hidden and overlooked diamonds of opportunity. Your choices aren't simply doctor or nurse: there are plenty of less-common careers in the industry that allow you to help patients in a variety of ways. Here are three paths you may not have considered.

Physical therapists

Physical therapists spend extensive time working with patients, creating a bond and designing programs and rehabilitation exercises. Many of these patients are athletes.

"We see athletes enter with concussions, unknown pain or decreases in

production or post-op status," says Chris Keating of Strive Physical Therapy. They create personalized recovery plans, similar to the way a teacher formats a curriculum.

"The programs we design will progress enhancing a patient's strength, flexibility, balance, coordination, endurance and overall performance," says Keating.

Holistic health care

One largely expanding field is that of holistic healing. CAM — an acronym for Complementary and Alternative Medicine — involves sophisticated practices that include acupuncture and acupressure along with massage therapy.

More schools are offering courses in this study, and more Americans are

seeking medical attention in alternative forms: A National Health Interview Survey found that 38 per cent of adults questioned use a form of alternative or holistic medicine.

Occupational therapists

Occupational therapists assist the elderly and those who have suffered an illness or injury in relearning everyday skills. It's a flexible job that offers a variety of positions within the system.

"Occupational therapy allows for many jobs in the same career," explains occupational therapist Jeremy R. Furniss, VP of Operations at Ergo Solutions.

"You find OTs in medical care and hospitals, work sites such as factories or offices, schools and just about anywhere else these days."



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BIG PICTURE

MBA GRADS CAN ANALYZE PROBLEMS FROM MANY ANGLES

With average Canadian MBA students earning as much as \$143,000 after graduation, according to the Financial Post's 2010 MBA program index, there is good reason the masters of business administration is gaining popularity in Canada and worldwide.

Students who have an MBA have been exposed to many different areas of business they probably would not have otherwise, says Shai Dubey, director of the Queen's MBA program and academic director of the university's Masters of International Business. That experience allows MBA grads to analyze problems critically from many angles.



ISTOCKPHOTO/THINKSTOCK

"You provide added value for your company because you have a well-rounded perspective on how a business should work," he explains.

Going through an MBA program is also about personal exploration, he says. "It's about exploring ... how to leverage your skills, how to minimize your weaknesses."

Queen's MBA students graduate with an understanding of the big picture, but also with the skills to execute on that understanding, Dubey says.

Leadership skills are a vital

component of the degree. "Within an organization people do MBAs because they want to get promoted, and to get promoted you need to be able to lead people," says Dubey.

Good leadership is very different from managing people, he explains. "You can give anyone a title, but that doesn't mean they can actually lead." The Queen's program is designed to give students many opportunities to exercise their leadership skills. It's a trait to look for if you are choosing a school, says Dubey.

Because teamwork is such an impor-

tant aspect of an MBA, the people you work closely with in class can be just as important as the skills you learn.

"You're forming life-long friendships," says Dubey, who adds he regularly sees Queen's alumni recruit for their own businesses from their alma mater because they trust the quality of the education. That's the power of networking.

However, "where people end up very much depends on what kind of background they have and what kind of industry they're going into," Dubey says.

—Stephanie Orford

DOUBLE DEGREE

VIU GRADS GO INTERNATIONAL

The Vancouver Island University (VIU) masters of business administration program cultivates international business leaders, according to Brock Dykeman, director of MBA programs at VIU.

The university specializes in the international, down to the double degree that students graduate with — an MBA from VIU and a masters of science and international business from the University of Hertfordshire in the U.K.

When VIU students want to work internationally, a degree from the U.K. can look good on the CV, Dykeman explains.

The program focuses on international business throughout, but "some people just like the idea of having two degrees," he says.

VIU students also get the chance to network with others from around



VANCOUVER ISLAND UNIVERSITY PHOTO

the globe. The school has the highest percentage of international students of any MBA program in Canada, Dykeman says.

"We're very diverse," he says. "I think the business world is just becoming more and more global as time goes on, so students really need to learn about how to deal with people from other cultures and other conditions."

The program prepares them to work in a multicultural workforce and at an international company."

Because VIU is a small university, students also get a lot of contact with the faculty, most of whom have international experience. But the Nanaimo-based school has local appeal as well as international, with an "outdoorsy West Coast" character, he says.

For more, visit viu.ca/mba.

—Stephanie Orford



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Tel: 250.740.6384 / Fax: 250.740.6471 / Toll Free: 1.888.920.2221 ext. 6384

4 sports

Flames preview

Calgary at San Jose
8 p.m.
TV: TSN



The Flames (24-22-7) travel to San Jose (29-15-6), which had three days to regroup after losing 5-3 to Phoenix on Saturday. Ryane Clowe assisted on all three San Jose goals and has four points in two games since returning from a facial fracture. Logan Couture is on a six-game, nine-point scoring streak. Couture leads the Sharks with 22 goals. Antti Niemi, who shut out Calgary on Jan. 24, will likely get the start for San Jose. Jason Demers (lower-body) was placed on injured reserve after missing the last two games.

THE CANADIAN PRESS



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Calgary's Kiprusoff question

THE HOCKEY NEWS

BRIAN COSTELLO

CALGARY@METRONEWS.CA



One of the livelier debates we had in The Hockey News office last fall had to do with Calgary's soon-to-be 300-win goalie Miikka Kiprusoff.

Our editorial team was working on a special magazine, The Best of Everything In Hockey, whereby we selected players both past and present to compile a first and second all-star team for each NHL organization. Half the panel thought Kiprusoff should get the nod on the first team. With all due respect to Jarome Iginla, Kipper has been Calgary's MVP most of the past eight seasons.

The other half of the panel said Mike Vernon ranks first based on his Stanley Cup victory in 1989. The fact they were tied with 262 Flames victories at the time underlined how close a decision it was. In the end, we gave the nod to Kiprusoff, bumping Vernon to the second team. Part of it had to do with keeping one eye to the future — Kipper's now at 285 Calgary wins, plus another 14 with San Jose, leaving him one shy of 300. And part of our decision had to



► After this season, Miikka Kiprusoff has two years remaining on his contract. If the Flames decide to rebuild in the near future, the Finnish goaltender would be a valuable trade piece.

do with knowing the Flames would be mostly cellar-dwellers rather than playoff pretenders each of the past three seasons without the Finnish netminder.

It will be interesting to see what the organization does with regard to Kiprusoff in the coming two years. The Flames have made it clear they're not in rebuild mode, meaning

Kipper isn't going anywhere leading up to the Feb. 27 trade deadline. He'll be 36 in October with two years remaining on his \$5.83-million per season contract. If 2012-13 turns as pear-shaped as this season and the past two, would they consider trading the diminishing asset a year from now and start afresh then?

CRAZY NUMBERS: Stats don't lie, but they can be deceiving. What else can you make of the fact that of the 31 skaters who have worn the flaming 'C' this season, only seven have a plus rating. And of those seven, three are injured, three are in the minors and Lance Bouma is the other.

NO LIES: Here's one stat that isn't deceiving. Of Cal-

gary's 13 forwards who have spent most of the season in the NHL (not counting Krys Kolanos, Bouma, Paul Byron, etc.), only one of them — injured Curtis Glencross — has a shooting percentage this season above their career average. Of the 12 in a slump, seven have a shooting percentage decrease of 30 or more percent.

Nolan hangs up his skates

Owen Nolan, who hasn't played in the NHL since the 2009-10 season, announced his retirement Tuesday at the San Jose Sharks' home rink.

"I guess I've known this day was here for a while," said Nolan, a five-time all-star and Olympic gold medallist with Canada. "It's tough to give it up when your heart and mind wants to keep doing it. My body can't keep up and I had to accept that."

Nolan, who lives in San Jose, played 18 seasons and scored 422 goals with 463 assists in 1,200



"I knew when I retired I would return to San Jose."

OWEN NOLAN

games. He played for the Quebec Nordiques and Colorado Avalanche, the Sharks, Toronto Maple Leafs, Phoenix Coyotes, Calgary Flames and, most recently, the Minnesota Wild.

Nolan was with the Wild in 2009-10 and played in Zurich last year.

He retires ranked 71st on the NHL's career goals list, 33rd in power-play goals and 100th in points.

The former Sharks captain, who turns 40 Sunday, was the first overall pick in the 1990 draft and reached the NHL after playing six games with the AHL's Halifax Citadels.

Nolan said he will spend time with his family before deciding whether he will return to hockey in some capacity.

THE ASSOCIATED PRESS

RETIREMENT

Williams leaves NFL again

Ricky Williams is retiring from the NFL.

Again.

This time, however, it appears to be for good.

The 34-year-old Williams told the Baltimore Ravens on Tuesday that he won't be back to fulfill the second year of a contract he signed in August. Playing as a backup to Ray Rice this year, Williams ran for

444 yards and scored two touchdowns.

He also became the 26th player in NFL history to reach 10,000 yards rushing, reaching the plateau in the season finale at Cincinnati.

Williams retired previously before the 2004 season when facing a four-game suspension for violating the league's drug policy. He returned in 2005, then left to spend the 2006 season with the CFL's Toronto Argonauts.

Williams scored 73 touchdowns over his career, all but eight of them on the ground.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	51	33	13	1	4	141	103	71	16-6-2	17-7-2	6-3-0-1	L1
d-Boston	51	33	16	1	1	180	111	68	17-9-1	16-7-0	5-4-1-0	W1
d-Washington	53	28	21	2	2	149	60	19-7-0	9-14-2	1-4-2-0	W1	
Philadelphia	53	30	16	2	5	173	157	67	12-8-4	18-8-1	4-3-0-3	L3
New Jersey	53	31	19	1	2	150	148	65	15-9-0	16-10-1	7-2-0-1	W5
Pittsburgh	54	30	19	2	3	163	141	65	15-7-2	15-12-3	7-2-0-1	L2
Toronto	54	28	20	3	3	168	157	62	16-8-2	12-12-1	6-3-0-1	L1
Ottawa	56	27	22	5	2	162	174	61	14-11-1	13-11-4	2-7-1-0	L7
Florida	52	24	17	5	6	131	149	59	13-5-16	11-12-4	3-4-1-2	L2
Winnipeg	55	25	24	3	3	131	151	56	16-8-0	9-16-3	4-5-0-1	W1
NY Islanders	52	22	22	5	3	126	150	52	11-11-0	11-11-2	6-2-1-1	W1
Tampa Bay	52	23	24	2	3	148	176	51	15-8-1	8-16-1	6-3-1-0	L1
Montreal	54	21	24	2	7	140	147	51	11-11-5	10-13-2	5-4-0-1	W2
Buffalo	52	22	24	3	3	124	154	50	11-9-3	11-15-0	4-5-0-1	W1
Carolina	54	20	25	5	4	137	165	49	14-12-0	3-13-5	6-2-1-1	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	54	35	17	1	1	172	129	72	20-2-1	15-15-0	7-2-0-1	L2
d-Vancouver	53	33	15	0	5	171	133	71	15-6-4	18-9-0	6-2-0-2	W2
d-San Jose	50	29	15	3	3	145	117	64	17-8-2	12-7-3	5-4-0-1	L1
St. Louis	52	31	14	1	6	129	106	69	22-3-3	9-11-0	6-2-1-1	W1
Nashville	54	32	17	3	2	152	140	69	17-7-2	15-10-1	7-2-0-1	L1
Chicago	54	29	18	4	3	171	163	65	19-6-13	10-12-3	3-5-2-0	L6
Los Angeles	54	26	18	4	6	118	117	62	15-11-4	11-7-4	5-3-1-1	W1
Minnesota	53	25	20	2	6	122	138	58	13-7-2	12-13-4	3-5-0-2	L2
Phoenix	54	25	21	3	5	143	143	58	12-10-2	13-11-3	5-4-0-1	W3
Colorado	55	27	25	2	1	140	153	57	15-13-0	12-12-0	4-5-0-1	W1
Dallas	52	27	23	0	2	137	148	56	15-10-2	12-13-0	3-6-0-1	L1
Calgary	53	24	22	3	4	124	144	55	14-8-1	10-14-2	5-3-0-2	L1
Anaheim	52	20	24	4	4	135	156	48	14-13-0	6-11-2	7-2-1-0	W1
Edmonton	53	21	27	1	4	141	158	47	15-8-2	16-9-0	5-4-0-1	L1
Columbus	53	15	32	1	5	123	175	36	9-13-2	6-19-0-3	3-6-0-1	W2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Montreal 3 Pittsburgh 2 (SO)
Winnipeg 2 Toronto 1
Vancouver 4 Nashville 3 (SO)
St. Louis 3 Ottawa 1
Colorado 5 Chicago 2
Columbus 3 Minnesota 1
Los Angeles 3 Tampa Bay 1
New Jersey 1 N.Y. Rangers 0
N.Y. Islanders 1 Philadelphia 0 (SO)
Phoenix 4 Dallas 1
Washington 4 Florida 0
Monday's results
Toronto 6 Edmonton 3
Anaheim 3 Calgary 2 (SO)
Phoenix 3 Detroit 1
Tonight's games
All Times Eastern
Boston at Buffalo, 7:30 p.m.
Edmonton at Detroit, 7:30 p.m.
Carolina at Anaheim, 10 p.m.
Calgary at San Jose, 10 p.m.
Tomorrow's games
St. Louis at New Jersey, 7 p.m.
Montreal at N.Y. Islanders, 7 p.m.
Tampa Bay at N.Y. Rangers, 7 p.m.
Toronto at Philadelphia, 7 p.m.
Winnipeg at Washington, 7 p.m.
Dallas at Columbus, 7 p.m.
Nashville at Ottawa, 7:30 p.m.
Los Angeles at Florida, 7:30 p.m.
Vancouver at Minnesota, 8 p.m.
Calgary at Phoenix, 9 p.m.
Friday's games
Dallas at Buffalo, 7:30 p.m.
Anaheim at Detroit, 7:30 p.m.
Carolina at Colorado, 9 p.m.
Chicago at San Jose, 10:30 p.m.

CANUCKS 4, PREDATORS 3 (SO)

First Period

1. Vancouver, Kesler 17 (Burrows, Hamhuis)
11:42 (pp)

2. Nashville, C.Wilson 11 (Legwand, Hornqvist) 13:47

3. Vancouver, Bitz 1 (H.Sedin, Bieksa) 18:21

4. Vancouver, D.Sedin 23 (Bitz, H.Sedin) 18:44

Penalties — Hodgson Vcr (tripping) 4:57, Yip Nash (slashing) 11:12, Booth Vcr (tripping) 15:19.

Second Period

5. Nashville, Kostitsyn 14 (Klein, Erat) 4:14

6. Nashville, Fisher 16 (Weber) 5:16

Penalties — Rome Vcr (delay of game) 8:46, Burrows Vcr (hooking) 18:22.

Third Period

No Scoring.

Penalties — None.

Overtime

No Scoring.

Penalties — None.

Shootout

Vancouver wins 2-1

Vancouver (2) — Raymond, miss; Kesler, miss; Burrows, goal; D.Sedin, miss; Hodgson, miss; Edler, goal. **Nashville** (1) — Kostitsyn, miss; Erat, miss; Legwand, goal; Fisher, miss; Ellis, miss; C.Wilson, miss.

Shots

Vancouver 11 6 12 2-31

Nashville 16 12 9 3-40

Goal — Vancouver: Luongo (W.22-10-5);

Nashville: Rinne (L.30-11-5). **Power plays** (goals-chances) — Vancouver: 1-1; Nashville: 0-4.

Referees — Steve Kozari, Jean Hebert. **Linesmen** — Brian Murphy, Steve Miller.

Attendance — 16,232 (17,113).

SOCCER

AFRICAN CUP OF NATIONS

SEMIFINAL

Today's games

All Times Eastern

At Baba, Equatorial Guinea

Zambia vs. Ghana, 11 a.m.

At Libreville, Gabon

Mali vs. Ivory Coast, 2 p.m.

THIRD PLACE

Saturday's game

At Malabo, Equatorial Guinea

Semifinal Losers, 2 p.m.

CHAMPIONSHIP

Sunday's game

At Libreville, Gabon

Semifinal Winners, 2 p.m.

ENGLAND

FA CUP

FOURTH ROUND — REPLAY

Yesterday's results

Sheffield Wednesday 0 Blackpool 3

Southampton 2 Millwall 3

SCOTLAND

PREMIER LEAGUE

GP W D L GF GA Pts

1. Celtic 24 19 2 3 48 16 59

2. Rangers 25 18 4 3 47 14 58

3. Motherwell 23 11 5 7 28 28 38

4. Hearts 24 10 5 9 30 18 35

5. St. Johnstone 24 10 5 9 32 27 35

6. Aberdeen 25 7 8 10 27 30 29

7. Kilmarnock 24 6 10 8 28 35 28

8. Dundee United 24 6 9 9 33 28 27

9. St. Mirren 25 6 9 10 25 36 27

10. Inverness 24 7 5 12 30 40 26

11. Dunfermline 24 4 6 14 26 51 18

12. Hibernian 24 4 6 14 24 45 18

SPAIN

COPA DEL REY

SEMIFINAL — SECOND LEG

Athletic Bilbao 6 Mirandes 2

(Athletic Bilbao advances on 8-3 aggregate)

GERMANY

GERMAN CUP

QUARTER-FINALS

Yesterday's result

Holstein Kiel 0 Borussia Dortmund 4

Today's games

Hoffenheim vs. Greuther Fuerth

Hertha Berlin vs. Borussia Moenchengladbach

Stuttgart vs. Bayern Munich

FRANCE

COUPE DE FRANCE

ROUND OF 16

Yesterday's results

Rennes 3 Evan 2

Quevilly vs. Orleans (ppd, frozen pitch)

Dijon vs. Paris Saint-Germain (ppd, frozen pitch)

Today's games

Bourg-Péronnas vs. Marseille (ppd, frozen pitch)

Valenciennes vs. Lille

Chateauroux vs. Montpellier

Gazelje Ajaccio vs. Drancy

Lyon vs. Bourdeau

TENNIS

WTA OPEN GAZ DE FRANCE SUEZ

At Paris

Singles — First Round

Tsvetana Pironkova, Bulgaria, def. Li Na (3), China, 7-6 (5), 3-2, retired.

Julia Goerges (6), Germany, def. Shahar Peer, Israel, 6-1, 6-3.

Angelique Kerber (9), Germany, def. Lucie Safarova, Czech Republic, 6-2, 7-6 (3).

Mona Barthel, Germany, def. Barbara Schett, Austria, 6-4, 6-2.

Zahlavova Strycova, Czech Republic, 6-3, 6-2.

Petra Cetkovska, Czech Republic, def. Alberta Brianti, Italy, 6-3, 6-3.

Chanelle Scheepers, South Africa, def. Polona Hercog, Slovenia, 6-2, 6-2.

Petra Martic, Croatia, def. Greta Arn, Hungary, 6-4, 6-4.

Doubles — First Round

Julia Glushko (1), Canada, def. Natalie Grandin, Natalie Grandin, Canada, 6-2, 6-2.

Julie Coin and Pauline Parmentier, France, def. Daniela Hantuchova (3), Slovakia, def. Nugadda Wannasuri, Thailand, 6-2, 6-0.

Maria Kirilenko (4), Russia, def. Casey Dellacqua, Australia, 6-4, 6-6 (6), 6-3.

Alla Kudravtseva, Russia, def. Zhou Yi-Miao, China, 6-1, 6-2.

Misaki Doi, Japan, def. Alla Kudravtseva, Russia, def. Zhou Yi-Miao, China, 6-1, 6-2.

Alla Kudravtseva, Russia, def. Zhou Yi-Miao, China, 6-1, 6-2.

Alkyl Amannuradova, Uzbekistan, def. Laura Robson, Britain, 5-2 (retired).

Sania Mirza, India, def. Ayumi Morita, Japan, 6-3, 6-2.

Urszula Radwanska, Poland, def. Anastasia Pivovarova, Russia, 6-4, 6-1.

Naomi Osaka 11 Quebec 2

Yanina Wickmayer 11 Connecticut 2

Naomi Osaka 11 Connecticut 2

Out with the V-8

What will likely go unnoticed is the lack of a V-8 option, leaving the GS 350 and the gasoline-electric hybrid GS 450h as the only models. The V-8 GS 460 cost an additional \$11,400 over and above the GS 350 when it last appeared in Canada for the 2010 model year and was never a big seller. Its relatively poor fuel economy also didn't help. Replacing the GS 460 is the V-6 F Sport that has its own front clip, mesh grille, body trim, 19-inch wheels and variable suspension and steering systems that continuously adjust to road conditions and driver inputs.

In with the V-6

It might have a V-6, but the GS 350 is hardly slow. It can scoot to 100 km/h from zero in a Lexus-reported 6.3 seconds, which is a tick more than the second-generation GS 450h that arrives later in the 2012 model year. That model should be the undisputed hot rod in the bunch. What V-8?

The V-6 has been updated with direct fuel injection whereby gas is more accurately metered directly into the combustion chambers.



► The GS retains its long-hood, short-deck side profile and rear-drive layout.

GS still living in the fast lane

 **MALCOLM GUNN**
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WHEELBASE MEDIA

Wooing and winning over significant numbers of upscale-car buyers has been a successful venture for Toyota's premium brand and the latest GS series should literally accelerate this trend despite being down a couple of cylinders.

Why? Well, for one thing the 2013 GS, which is slated for a February debut, is leading Lexus out of the design doldrums where, along with many of its stable mates, the car has been.

Nothing overly radical mind you, since the 2013 GS shares a number of physical and mechanical components with its 2012 counterpart, but at both ends the revisions are obvious. The reshaped nosepiece displays a large air

intake below the grille with additional side intakes that also serve as fog-light housings. The confluence of shapes and angles at the business end might not rank as an artistic tour de force, but it's certainly character building and that will help you spot the GS in a parking lot.

The starting-point GS 350 rings in at stout \$54,000, including destination costs, which is about the same as the outgoing model, while the F Sport will likely sticker in the vicinity of \$61,500.

The hybrid is estimated in the mid-\$70,000 range to start.

That's a lot of cabbage, but this is still life in the fast lane with the GS well within sight of other luxury competitors and their six-cylinder offerings.



► A side view of the GS 350.



► The F Sport interior features some very business-like hard-metal surfaces that look elegant and expensive.

Transmission

The F Sport uses the same carryover 306-horsepower 3.5-litre V-6 as the standard GS 350. It's connected to a six-speed automatic transmission that "blips" the throttle for smoother downshifts (called rev matching). Compared to the GS 350, the F Sport adds a level to the standard driver-selectable operating mode that firms up the suspension and sharpens the steering.



By comparison

Audi S4

Base price: \$41,500
Sporty AWD four-door with supercharged 333-hp V-6 is quick to 100 km/h.



Hyundai Genesis

Base price: \$41,800
For an extra \$13,500, this sassy sedan can be had with a 429-horse V-8.



2013 Lexus GS



What you should know about the 2013 Lexus GS:

- **Types:** Four-door, rear-/all-wheel-drive luxury sedan.
- **Engines (hp):** 3.5-litre DOHC V6 (306); 3.5-litre DOHC V6/electric motor (338, net).
- **Transmissions:** Six-speed automatic; continuously variable (GS 450h).
- **Market position:** As with its German counterparts, the GS is staking its future on V-6 engine development as it moves away from what was its bread-and-butter V-8. This should not be problematic as V-6 performance continues to increase.
- **Mileage:** L/100 km (city/hwy) 11.3/7.8 (RWD, est.).



Infiniti M37

Base price: \$54,350
Roomy rear- or all-wheel-drive sedan also offers 360-hp hybrid option.



WHEELBASE MEDIA



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Honda Fit loved for its five-door flexibility

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Taking a place as Honda's entry product, Fit is a five-door hatch with a small, efficient engine, a surprisingly flexible and spacious interior and good long-term value.

Expect good fuel economy, and features including a folding rear seat system that enabled easy loading of larger items like a flat-screen TV, bicycle or German shepherd.



Engine



All last-generation Fit models got a 1.5-litre four-cylinder engine with 109 horsepower and a five-speed gearbox in the driver's choice of manual or automatic. All units were front-wheel drive.

What owners like



Fit owners rave about mileage, versatility, handling, braking, manoeuvrability, visibility, ergonomics, and a surprising level of on-board roominess despite the machine's compact size.

What owners dislike



Complaints include a noisy engine and ride, abrupt ride characteristics in some situations, and diminished performance when the vehicle is loaded up.

Common issues

On a test-drive, be sure to inspect your potential used Fit candidate for signs of rust or peeling and damaged paint. Be sure the rear hatch stays open on its own — and that the strut that lifts and supports it isn't worn out.

Inspect the seats and carpeting for signs of accelerated wear, which some owners note as an issue. If the fabric or carpet material is worn through, ripped or faded, call it into pricing negotiations. Finally, the Fit should steer easily and smoothly at any speed as well as when stopped.

Verdict

Used car shoppers can expect the Fit to command a premium in the market, though above-average reliability, versatility and driving pleasure can be expected in return.

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2012 NISSAN ROGUE
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CANADA'S BIOX EXPLORES DIESEL'S FATTY FRONTIER

CONTRIBUTED



AUTO PILOT



MIKE GOETZ
DRIVE
@METRONEWS.CA

test the technology for commercial potential.

In 2001 BIOX acquired its worldwide rights. In 2007 its plant in Hamilton, Ont., was completed, and has been working virtually non-stop at full capacity ever since, pumping out biodiesel at a rate of about 60 million litres per year, establishing itself as one of the largest "continuous flow" biodiesel production facilities in the world.

The best way to understand the BIOX process is to first look at the "traditional" process. Traditional methods need a lot of energy and time to first deal with the Free Fatty Acid (FFA) content in some feedstock.

They need an additional layer to treat the FFA, or use feedstock with very little FFA, such as soya or canola. BIOX has no such trouble.

The other huge advantage of the BIOX process is that it is continuous. Feedstock goes in one end and biodiesel comes out the other. In contrast, the traditional process is a batch process.

Yet another advantage is its flexibility. Norton says BIOX can adapt "on the fly" to various raw materials. As such, BIOX is more able to use cheaper "non food grade" feedstocks — the

high FFA content animal fats, crude palm oil, used cooking oil from restaurants, etc., that typically end up in cosmetic and/or animal feed markets.

BIOX also considers itself "supply agnostic." They are not committed to any particular raw material stream or industry.

"We know the raw material markets are going to change," says Norton.

"We actually source on a weekly basis, in about a 500-mile radius of the plant. We buy based on availability, price and logistics. It's a different combination every week."

Diesel transportation fuel in Canada must contain a two per cent renewable component. Certain provinces have their own, higher requirements.

But the U.S. is further along with both regulations and tax incentives, and that's where the big demand is for biodiesel, and where all of BIOX's fuel currently heads.

That demand helped, and continues to help, the U.S. biodiesel industry; it is clearly ahead of Canada's.

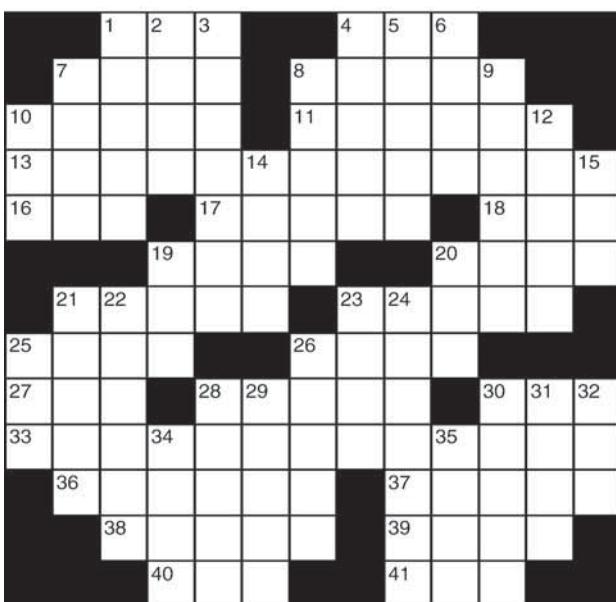
But don't blame BIOX. It's doing its part, and in a unique, technical way.

Over time, BIOX will also surely help me and others turn around their negative feelings about chicken fat.

Crossword

Across

1 Prof's degree
4 Pismire
7 Rock music's Motley
—
8 Circus performer
10 Straighten
11 More frosted
13 Sunflower State's largest city
16 Powell co-star
17 Gerrymandered
18 Gratuity
19 Yank
20 Partner
21 Aroma
23 Gives as an example
25 "— have thought ...?"
26 Discourteous
27 Debtor's letters
28 Trap
30 Upper surface
33 Sooner State's second-largest city
36 Grow canines, e.g.
37 Occupied
38 Needle cases
39 Square
40 Suitable
41 Lair



14 Legal wrong
15 Agent
19 Clampett patriarch
20 Packed away
21 Yell
22 Grand — Dam
23 Ringlet
24 Came up with
25 Humor
26 Lawn care tools
28 Stopped slouching
29 Like a rare game
30 Fare, maybe
31 Portent
32 Skillet
34 Bristle
35 Own

Down

1 Expensive
2 Grant or Jackman
3 Dweller
4 Similar
5 Wanderer
6 Castor or Pollux
7 Advertising award
8 Grouch
9 Snuggle up
10 Piercing tool
12 Track components

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20

This is a great time for you and the entry of Venus into your sign will make it 10 times better.

♉ Taurus April 21-May 21

Pay a bit more attention to what other people are saying. If you don't you could lose out financially.

♊ Gemini May 22-June 21

Whatever setbacks you may have endured of late, you can be confident that the worst is over.

♋ Cancer June 22-July 22

Keep telling yourself that you are destined for greatness. It's not a long way from the truth as it happens, but you've got to believe it.

♌ Leo July 23-Aug. 23

If you need assistance with something today, you should find it easy enough to ask for it.

♍ Virgo Aug. 24- Sept. 22

You are under no illusions as to what your limits are but you also know that you have talents other people do not possess.

♎ Libra Sept. 23-Oct. 23

This is one of the best times of the year for partnership matters, be they personal or professional.

♏ Scorpio Oct. 24-Nov. 22

Difficult decisions will come easy to you today but don't think you have to change everything.

♐ Sagittarius Nov. 23-Dec. 20

With Venus on your side over the next few weeks, you don't have to smash your way to success.

♑ Capricorn Dec. 22-Jan. 20

You'll go out of your way to be nice to family and friends, whether or not they have been nice to you.

♒ Aquarius Jan. 21-Feb. 18

Keep things simple today. That applies to all areas of your life but especially to travel and social plans.

♓ Pisces Feb. 19-March 20

You may be nice by nature but that does not mean you should let people off the hook when they've done wrong.

— SALLY BROMPTON

Sudoku

8			5		9			2
2			1		3		5	
	5					9		
	4		9		6	7		
1							8	
	6		3		8	2		
	9					8		
1			8		4	6		
3			2		7		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



7	5	9	8	6	4	3	2	1
8	3	2	9	1	5	7	4	6
1	4	6	3	7	2	9	8	5
9	6	1	4	3	7	2	5	8
4	7	5	2	8	6	1	3	9
3	2	8	5	9	1	4	6	7
2	1	7	6	5	3	8	9	4
6	9	4	1	2	8	5	7	3
5	8	3	7	4	9	6	1	2

A look at the weather

TODAY THURSDAY FRIDAY

Min -10° Min -7° Min -7°



Max 5° Max 2° Max 5°

Andrew Schultz,
Meteorologist

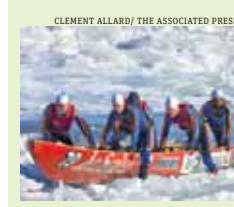
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30AM



Caption contest



LEE JIN-MAN/THE ASSOCIATED PRESS



CLEMENT ALLARD/THE ASSOCIATED PRESS

You write it!



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Muffin, Just want you to know you are thought of every minute! I ADORE every inch of you, you are my soul mate! I am Soooo in Love with you and have been for almost 10 years, wow is all I can say! PIE

Baby Lee, The past while has been amazing with you. I miss you every minute we're apart. Thank you for being who you are, and thank you for accepting me for who I am. I look forward to spending every day with you. I love you very much, never forget that!

LADY LOVER

On the bus, It was amazing i have never felt that way before when we met on bus and kissed 4 years. i still remember the moment. Unfortunately we parted at Dec30 even though we miss and love each other it is not that easy to be there.

MEET TOGETHER

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